

# Adorni Center Aerobics



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM							
7:30 AM							
8:00 AM			Wake-up		Wake-up		
8:30 AM			Cardio		Cardio		
			Gayle		Gayle		
9:00 AM		Fat Burner & Core	Body Sculpt, Core & More	Aero/Strength	Body Sculpt, Core & More	Combo Class	Step Aerobics
9:30 AM		Becky	Gayle	Combo w/Cat	Gayle	Cat	Mary
10:00 AM		Inspired		Yoga for		Yoga for	Cardio Circuit
10:30 AM		Yogalates	Power Walk & Weights	Stiff People	Power Ball	Stiff People	starts in wt. room
		Michaela	Michaela	Lorna	Donna -- 45 min	Lorna	Michaela
11:00 AM		Light & Easy	90 min		Light & Easy	Light & Lively	Inspired
11:30 AM		Aerobics			Aerobics	Aerobics	Yogalates
		Donna			Donna	Donna	Michaela
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM		Sweat it out	Basic Step	Sweat it out	Basic Step		
		Becky	Rachel	Becky	Rachel		
5:00 PM							
5:30 PM		Step & Core	Camp Chizzel	Step & Core	Camp Chizzel		
6:00 PM		Michaela	Body Sculpt	Michaela	Body Sculpt		
			Michaela		Michaela		
6:30 PM			Inspired		Inspired		
7:00 PM			Yogalates		Yogalates		
			Michaela		Michaela		
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

*If you are injured, pregnant or attending class for the first time, please introduce yourself to the Instructor and make them aware of your circumstances.*

